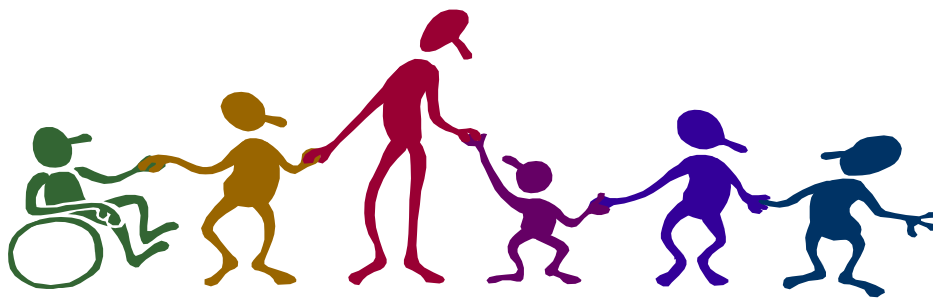


Charles E. Walters

Physical Education

Ms. Monz
Ms. Richert
Mr. Schellhorn

Quality Physical Education
“For the health of our children”



Mission Statement

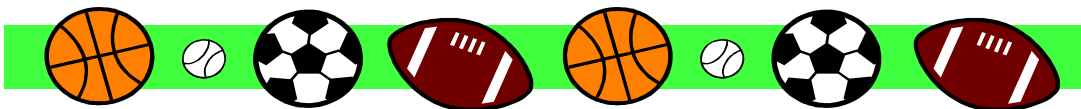
The mission of the Charles E. Walters Elementary School is to create a positive school environment in which all staff, students, and parents view learning as the most important reason for attending school. This environment will provide a sense of belonging, a purpose for learning and an opportunity for achievement

Physical Education Philosophy

Physical Education is a vital part of our public education system. Participation in Physical Education classes teaches discipline, diligence, pride, and much more. Physical Education is based upon the acquiring of skills. It also encompasses the ability to empower all students to sustain regular, lifelong physical activity as a foundation for a healthy, productive and fulfilling life.



Our goal is to promote a learning environment that meets the needs and abilities of all students. An environment where all students will develop physically, socially, and mentally while experiencing success.

Together **E**veryone **A**chieves **M**ore!



Charles E. Walters Physical Education Curriculum

Our Physical Education program encompasses three major areas of study. It includes basic movement and motor skill development, fitness and wellness concepts, and character education for the development of responsible social and personal skills.

| <u>Primary</u> <u>Grades K-1</u> | <u>Intermediate</u> <u>Grades 2-4</u> |
|---|--|
| <ul style="list-style-type: none"> ● Movement Experience ● Circus Arts <ul style="list-style-type: none"> ● Parachute Games ● Ball Handling/Target ● Hand-Eye/Foot Coordination ● Personal Fitness/Hygiene ● Scooter Highway ● Rhythm and Dance ● Adventure Education ● Fitness Testing ● Cooperative Games  | <ul style="list-style-type: none"> ● Movement Experience ● Adventure Education ● Personal Fitness/Testing ● Circus Arts ● Volleyball ● City Games ● Scooter Highway ● Yoga/Koga ● Target ● Dance ● Jungle ● Soccer  |

Elementary Grading Policy

The grading policy follows the standards and expectations by which we teach our students. The students are graded in relation to what is expected at the grade level in regards to the following:

- ❖ Motor Skills
- ❖ Social Skills & Behavior
- ❖ Participation
- ❖ Fitness & Wellness

What Parents Can Do To Help!

Quality Physical Education requires a working partnership between parents and Physical Educators. Communication supports the goal of providing quality learning experiences for our children. To help us reach our goal here are some things you can do to help:

- ✓ Advocate for quality physical education instruction and programs in our schools.
- ✓ Support and encourage your child's participation in appropriate, enjoyable physical activities in and out of school.
- ✓ Be a role model for children and participate in family activities.
- ✓ Encourage proper nutrition and good eating habits.
- ✓ Use resources within the community such as, youth sports and recreational activities. Access community resources such as YMCA's, parks and other facilities that are available.
- ✓ Explore community educational opportunities such as martial arts, dance classes, swimming programs, and other physical activities available.

Get Ready, Get Set, Get Fit

What the Research Says!

- All children benefit from regular structured physical activity.
- Through activity children can improve and maintain the health and quality of life.
- Activity reduces the risk of disease.
- Physical activity improves mental health and is important for the health of muscles, bones, lungs, and joints.
- Physical activity reduces stress, helps to control weight, and is a valuable use of leisure time.

